



FRUIT KEBABS



INGREDIENTS

- 1 Small Pineapple
- 1 Fresh mango
- 2 Kiwis
- Handful of Grapes
- 1 Large Orange
- 1/2 Watermelon
- 1 Banana
- Lime Juice

PREP TIME: 45MINS

COOK TIME: ZERO

TOTAL TIME: 45MINS

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DIRECTIONS

1. Rinse all the fruit in cold water before preparation.
2. Peel and prepare all the fruit into small chunks. Removing seeds if necessary. (the size of an ice cube. If it's too small it will fall off the skewer)
3. Squeeze a little lime juice onto the banana to prevent it going brown.
4. Thread on to straws/skewers to create a colourful kebab. (Refer to picture)
You can use any fruit as long as they are firm enough to thread onto the kebab.

EQUIPMENT

Chopping board
Safety knife
Wooden skewers